

Benefit Focus News

Office of Group Insurance



DECEMBER 2015



this issue

Save Money
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BCI Discounts
HR & Payroll Info

10 Ways to Save Money

We all want to be **healthy and well** and keep our **medical costs low**. Being knowledgeable about your insurance benefits helps to maximize your resources and save you dollars. Here are some things to consider.

1. Visit in-network providers.
2. Use generic prescriptions when appropriate.
3. Visit Urgent Care if it's not an emergency.
4. Check your explanation of benefits (EOB).
5. Use your Flexible Spending Account.
6. Follow your doctor's recommendations.
7. Take advantage of your preventive care benefits & [thriveidaho](#).
8. Check out the discounted resources, [Blue Extras!](#), available to you as a BCI member.
8. Take care of yourself and maintain your good health.
9. Build relationships with your providers so they can monitor your health over the years.
10. Utilize the ComPsych employee assistance program, [Guidance Resources](#).

For more information, visit [members.bcidaho.com](#) & [ogi.idaho.gov](#) or contact the Office of Group Insurance at 208-332-1860 or [ogi@adm.idaho.gov](#).

thriveidaho
eNEWS



Did you know there's a monthly e-newsletter dedicated to [thriveidaho](#) wellness resources and program highlights?

In the newsletter you'll get tips on how to make lasting health changes and learn about the tools that can help you feel better today.

Each month we feature a new recipe or ways to get more movement in your day. Tell us what you want to read about and will include that too!

To sign up for the [thriveidaho](#) newsletter go to [thrive.idaho.gov](#). You can also read past newsletters [here](#).

Email [thriveidaho@adm.idaho.gov](#) with suggestions and feedback.



Blue Cross Discount Programs!

Blue Cross of Idaho offers a variety of value-add services, programs and products to help members achieve their personal health, wellness and fitness goals.

The Blue Extras! program offers discounted rates to members for services such as alternative health, baby health & safety, fitness clubs, hearing services, medical alert services, orthodontia services and vision services.

You can learn more about the discount programs by going to members.bcidaho.com and logging into your account.

➔ DISCOUNT PROGRAMS

Alternative Health

Baby Health & Safety

Fitness Clubs

Hearing Services

Medical Alert Services

Orthodontia Services

Vision Services



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Meet the newest **thriveidaho** Champion – **Bob Cooper!**

"My annual doctor's visit puts me on the right track and keeps me healthy. I remind myself that better health and better fitness is what's important." ~Bob Cooper

Learn how Bob was able to make long lasting improvements in his health. Read his story at thrive.idaho.gov/champions-bob-cooper.

Does a coworker inspire you to be healthier? Nominate him/ or her at thrive.idaho.gov/champions.

Ready to get started with **thriveidaho**? Go to thrive.idaho.gov to learn how to earn your \$250 and start feeling better today!

OGI Website - HR & Payroll Area

<http://ogi.idaho.gov/hr/>

Here you'll find:

- **Self-pay forms** - NEW medical & dental form.
- **OGI Administration Manual** - The manual is organized by event, according to circumstances under which employees may enroll for benefits or make election changes.

Contact the Office of Group Insurance

IDAHO

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For comments or suggestions for future editions of Benefit Focus, please email: ogi@adm.idaho.gov.